

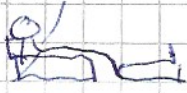
# Nirodhana - Gedanken überwinden



Pranayama Uiloma

EA auf 4 Stufen - lange ausatmen 5x

EA auf einmal - auf 4 Stufen ausatmen 5x



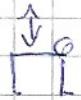
Liegen auf Kissen Yoga Vollatmung

Bein abwechselnd an Zehen pro 5 A2

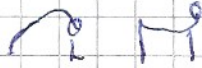
Beide Beine "

Krokodil dynamisch

Schulterbrücke dynamisch



Katze Kuh



Yoga Mudra



Baum



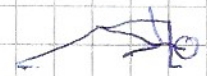
Tänzer



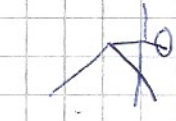
Krieger I



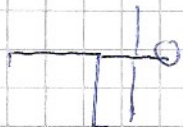
II



Krieger der sich verbiegt



Dreieck



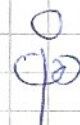
Halbmond



Vorbeuge



Stand



Namaste

→ Seitenwechsel



Namaste



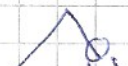
Stuhl



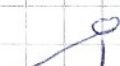
Stuhl gedreht rechts



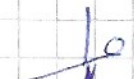
Vorbeuge



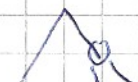
Hund



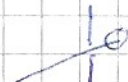
Stütz



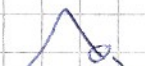
rechts Seitstütz



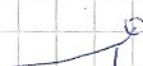
Hund



linke Seitstütz



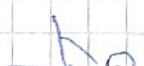
Hund



Kobra



Heuschrecke

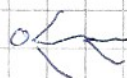


schlaf des Vishnus

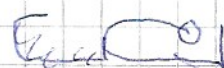


Krokodil

Wart andere Seite



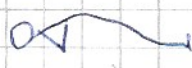
Sitz



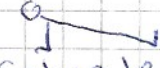
Vorbeuge



Schulterstand



Fisch



Schiefe Ebene



Chauvasana